



The Sicangu Eyapaha

A monthly publication of the Rosebud Sioux Tribe

Volume 1, Issue 1

An RST Publication

April 2007

Today's News

Todd County high school students will be performing the Rogers and Hammerstein musical Carousel Friday night in Mission at Ben Reifle Auditorium. The curtain goes up at 7:00 PM

RST Programs

A big thank you is extended to all of the RST programs that sent in current happenings from their programs. See all their news on page 3.

Prom dates set

Todd County and St. Francis Indian School are both getting ready to host spring proms. See the prom dates and after-party information on page 8.

More winter weather

The National Weather Service is calling for cold temperatures on Friday with a chance of rain mixing with snow. Check out a forecast at <http://www.crh.noaa.gov/unr/>

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Fact Box

Apples are more efficient than caffeine in keeping people awake in the morning. The sugar in apples, and the act of chewing, works better than a cup of coffee for keeping people alert

Olympic Champion Billy Mills visits Rosebud

By Rich Winter

Olympic Gold Medalist Billy Mills recently visited the Rosebud Reservation and toured the area with RST President Rodney Bordeaux. Mills took time from his busy schedule to visit both Todd County and St. Francis Indian Schools, imparting words of wisdom and inspirational memories from his historic run to the gold medal in the 10,000 meters at the 1964 Tokyo Olympics.

On Wednesday, March 28, 2007 Mills told students at St. Francis Indian School about his first experience with track, running at a small field in Batesland, SD. Mills recalled the experience of finishing last in the 100, 400 and long jump after promising to win a ribbon for his sister.

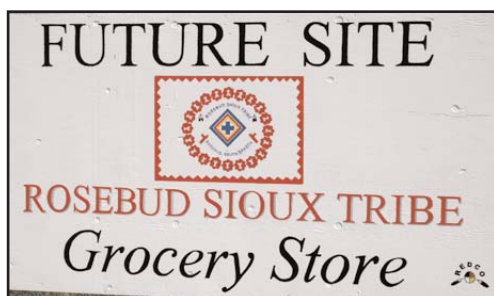
The Olympic champion talked about his travels across the world (visiting 150 countries) and talking with children from over 90 different countries during his days of public speaking.

Mills talked about young Native American runners and athletes.

"I think the thing to do with these young runners is we shouldn't put pressure on them. A lot of our Native athletes whether they realize it or not, the community is putting almost as much pressure on our high-school athletes to excel as we put on basketball's final four, and that's so unfair," said Mills. "They need to pursue their dreams and have fun at it. If they are fast, the colleges will recognize that. If they have the grade point average, the schools will look at them."

One student from St. Francis asked how fast he was during his 10,000 meter glory days. Mills talked about his high school and collegiate running days at Kansas as he answered. One of the coaches at Kansas told him this.

Tribal Grocery store progressing



From REDCO,

The Turtle Creek Crossing/Tribal Grocery Store although still in the development stages, but is moving forward. Passers-by should soon see the building of an access road, along with lane expansion and safety improvements on US Highway 18.

"Everything has been done and we are going to get ready to do the site work," said Eileen Masquat, Executive Director of REDCO.

Masquat said that initially the project



Photo courtesy of All Nations Photography
Olympic Champion Billy Mills flanked by Dr. Dan Foster and RST President Rodney Bordeaux. Mills recently visited schools at both Todd County and St. Francis during a visit to the Rosebud Reservation

"Son, you are an Indian. Indian's run forever and you don't need to do speed work."

Mills said at the height of his career he could cover 400 meters in just over 48 seconds and although he never ran a competitive mile while in world class shape, the competitor Mills suggested he could have run near 3:55 if pushed.

Mills talked about the gift of running and a story his father told him when he was younger.

"My dad told me that life is a gift from the creator. What we do with our life is our gift back to the creator, and I chose the gift of running for my life," said Mills.

Mills (born June 30, 1938) is the only American ever to win an Olympic gold medal in the 10,000 meter run which he did at the 1964 Tokyo Olympics. That race has been called the greatest upset in

Olympic history as Mills upset race favorite Ron Clarke of Australia who was the current world record holder at the time the 1964 Olympic 10,000 was contested.

Billy Mills was inducted into the United States Track and Field Hall of Fame in 1976, and the U.S. Olympic Hall of Fame in 1984. He is also in the National Distance Running Hall of Fame, the Kansas Hall of Fame, the South Dakota Hall of Fame, the San Diego Hall of Fame, and the National High School Hall of Fame.

Community Fitness rooms are open, Stay fit!

By Javier Alegree

Exercising may be a little more accessible for some communities in the Rosebud Reservation thanks to the exercise equipment donated by the RST Diabetes Prevention Program. The fitness equipment donation is part of the efforts of the RST Diabetes Prevention Program to allow fitness equipment access to all 22 communities on the Rosebud Reservation.

So far, eight communities have received treadmills, recumbent bikes, and a universal stack machine (Antelope, Black Pipe, Corn Creek, Butte Creek, He Dog, Horse Creek, Okreek, and Upper Cut Meat).

"We hope to have a big impact in these communities, and most importantly we hope everyone will take advantage of these indoor exercise facilities," said Connie Brushbreaker RSTDPP Director.

You can also find treadmills and recumbent bikes at the following program offices for the benefit of their employees: White Buffalo Calf Woman Society,

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